

# The Sourdough

S E N T I N E L

Jan. 21, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 3

## Going Forward...

Wing commander reflects  
on past year's accomplish-  
ments, keeps eye on future

--Pages 10-11



ILLUSTRATION BY STAFF SGT. MIKE EDWARDS





TECH. SGT. SHARON BALTAZAR

**Remembering Martin Luther King, Jr.**  
Elmendorf members and the local community gather together in singing a hymn during the Martin Luther King, Jr. Commemorative Observance Ceremony at the Chapel One Annex Jan. 14. The guest speaker for the event was pastor Leon Brown, a retired Air Force major.

## Action Line



Col. Michael Snodgrass  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line

**552-2224**

**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**

Lt. Col. Christopher Thelen, 3rd CES/  
CC  
552-3007  
Maj. David Aupperle, 3rd SVS/CC  
552-2468  
Lt. Col. Robert Garza, 3rd SFS/CC  
552-4304



■ **Staff Sgt. Leah Borah**, 3rd Operations Support Squadron, was handpicked by the squadron commander as the primary unit deployment manager for the 3rd OSS.

Sergeant Borah successfully completed status of resources and training systems and logistics module training, assuming UDM duties within four days of selection.

Her efforts aided in ensuring continuity to this vital senior noncommissioned officer position.

Additionally, Sergeant Borah provided a seamless transition for 25 air expeditionary force members who were deploying and returning, including a weekend short-notice tsunami relief tasking.

■ **Flight Control Impoundment Team**, 3rd Aircraft Maintenance Squadron, performed outstanding work by organizing as a team to isolate a repeating control augmentation system malfunction on an aircraft.

The team exhausted a total of 860 man hours and contributed more than three weeks of extensive flight control maintenance.

This team's hard work and dedication enhanced the aircraft's overall flight control system.

Shortly thereafter, the aircraft was released from its functional check flight, and the pilot reported, "the flight controls are solid."

■ This week's commander's shadow is **Tech. Sgt. Kyle Kearnes**, 3rd Component Maintenance Squadron.

### Housing hours

The Housing Flight's new customer service hours are from 9 a.m. to 4:30 p.m. Monday through Friday.

For more information, call 552-4439.

## Spouses of deployed have a voice

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

Following up his commitment to receive and provide feedback for spouses of deployed members and spouses of soon to be deployed members residing in base housing, Col. Michael Snodgrass, 3rd Wing commander, held a town hall meeting Jan. 13.

Though not as robust an attendance as the Nov. 23 meeting, Elmendorf residents came to hear what had to be said and to voice their concerns.

The meeting was opened by

following up on areas of concern voiced at the previous meeting, most of which had been resolved.

With representatives from Aurora Military Family Housing, 3rd Civil Engineer Squadron and 3rd Services Squadron present, Colonel Snodgrass and Col. Robert Douglas, 3rd Mission Support Group commander, took questions from the residents.

Questions ranged from, "When are the W-2s coming out?" to "When will people be moving into the new houses?"

W-2s are available at <https://mypay.dfas.mil/mypay.aspx>.

"Projections for the moves into the new houses are expected to be announced sometime in February," said Ms. Bobbie Belew, AMFH general manager.

"We will be hosting town hall meetings as we get closer to actually moving people," said Ms. Beverly Roberts, CES housing flight chief. "We will distribute flyers, put notices on Topcover, and get the word out through the Commander's Access Channel and the Sourdough."

The next scheduled meeting will be held in March. More information will be announced as it becomes available.



**The Sourdough**  
SENTINEL

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**Best in DoD 2000**  
**Best in Air Force**  
**1999, 2000 & 2001**  
**Best in PACAF**  
**1998, 1999, 2000 & 2001**

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## 3rd Wing Moment in History

**Jan. 17, 1922:**

The Department of the Army officially approved the 3rd Group's emblem. The wing's motto, "Non Solum Armis" translated from Latin to English is "Not By Arms Alone." The emblem was originally designed by Staff Sgt. Floyd Parker.





# Housing flight moves into future with privatization

By **Jon Scudder**  
3rd Wing Public Affairs Environmental

Last fall when the remainder of Elmendorf’s housing was privatized, the Housing Office that had been performing housing services for decades, changed.

Elmendorf military family housing no longer exists. In its place are two phases of privatized family housing.

Adapting to this historic transformation, Ms. Beverly Roberts, 3rd Civil Engineer Squadron housing flight chief, said many changes associated with the privatization and new Air Staff directives have occurred.

She said adapting to the changes and transitioning to their new role has been a learning process. “Our staff has many new duties and responsibilities, and the Air Staff is still developing additional requirements,” said Ms. Roberts. “We’ve had to learn new jobs while offering many of the traditional housing services.

“It’s going to be a learning curve for our cus-



MR. JON SCUDDER

**Carl Hardin, a 3rd Civil Engineer Housing Office contractor employee, loads a washing machine for delivery to one of the Furnishings Management program participants.**

tomers, especially for our members who have been in the service for a while,” added Ms. Roberts.

“Tenants will be dealing with Aurora Military Housing LLC, where in the past it was the housing office,” said Ms. Roberts. “We now have leases and additional financial tracking requirements.

Plus, we have the new construction, renovation, and demolition occurring with the second phase of privatization.”

The second phase of privatization will demolish 552 units, renovate 16 and build 760 new homes.

Mr. Kenneth Walters, 3rd CES Privatization project manager, said new housing construction began in July at the site adjacent to the base hospital.

“Work is progressing well,” said Mr. Walters. “We currently have 180 homes under construction and work is expected to continue throughout the winter. We should begin to have town meetings in February to discuss our plans, and transition plans that will affect required forced moves.”

And so far, Ms. Roberts said the housing staff is pleased with the performance of the Aurora housing lease agreement.

“We meet with Aurora regularly to discuss issues and resolve any problems, said Ms. Roberts. “Their staff is positive and willing to do anything they possibly can to assist residents. Aurora wants to ensure you are getting top quality service.”

If any difficulties do arise in tenant-manager relationships, the new Housing Office has a surveillance section, created especially for helping to resolve lease conflicts. They not only monitor Aurora, but other housing-related contracts to include loaner furnishings/appliances, dormitory change of occupancy maintenance, and Temporary Lodging Facility maintenance.

Leading the Facilities Section is Mr. Hugh Fleck, 3rd CES housing quality assurance. “We’re the first point of contact for resolution of tenant difficulties after Aurora has been contacted and given a reasonable time to correct the problem.”

He said normally the property owner should be allowed 10 days to correct a problem dealing with maintenance maintenance work.

Residents need to call Ms. Bobbi Belew, general manager of Aurora Military Housing at 753-1023/1024 for any complaints they may have. After that, if the issue is not resolved or being worked, he said tenants should then report it. The phone numbers are 552-4312 or 552-4295.

“We’re asking people to have patience,” said Mr. Fleck. “We in the Air Force are getting used to them, and they, the property owner, are getting used to us. For example, their maintenance people are getting used to maintaining a lot of old buildings with outdated heating systems,” he added.

“We want to achieve the best housing we can for the people at Elmendorf,” said Ms. Roberts. “We want everyone to make sure they are getting the services they are entitled to, equal or better than what the military provided.

“By the close of 2007, Elmendorf will be a brand new place with a brand new look,” added Ms. Roberts. “People will be really happy with the results.”

## Housing Services

The Housing Office is located at 6346 Arctic Warrior Dr., customer service hours are Monday through Friday from 9 a.m. to 4:30 p.m.

**Housing Applications:** Servicemembers who want to apply for privatized housing should start at either their losing Housing Office to forward an advanced application to the Elmendorf Housing Office or visit the Housing Office here when they arrive and fill out an application. The housing staff determines eligibility, then forwards the application for inclusion in the Aurora-maintained waiting lists and handles any hardship requests. Waiting lists are available 24-hours a day in the arctic entry of the Housing Office.

**Volunteer Realtor Programs:** Realtors from the Anchorage Board of Realtors and lenders from local institutions provide assistance with lease, rental, sales and statistical information. Home buying seminars are periodically conducted. Check with the Housing Office for availability. If you have questions, call 552-4328.

**Lease and Contract Surveillance:** An expanded program with the debut of privatized housing, this program provides housing residents assistance with disagreements after the contractor has had a reasonable time to address the issue. They also monitor services provided for dormitory maintenance, furnishings management and temporary lodging facility maintenance programs.

**Temporary Lodging Allowance:** TLA is partial reimbursement to help offset additional expenses incurred while residing in temporary quarters. TLA computations are complex, involving numbers of factors. A booklet explaining TLA procedures is available at the Housing Office. If you have questions, call 552-4439/2547.

**Dislocation Allowance:** This is an authorization for members that do not initially reside in government quarters. If you have questions, call 552-4374/4206.

**Furnishings Management:** Furnishings Management has two primary programs where items are issued during a permanent change of station and for the duration of tour, both for accompanied and unaccompanied personnel and for arrivals and departures. For a PCS, Furnishings Management issues government-owned furnishings and appliances to eligible service members while their household goods are in transit. For the duration of a tour, people who reside in private rental housing or who own their own home can obtain appliances, such as a range, microwave, refrigerator, washer and dryer. Ask about excess furnishings by calling 552-2599. A booklet covering the furnishings management program is available at the Housing Office.

**Rental Partnership:** The Rental Partnership Program gives servicemembers affordable off-base housing, consisting of apartments, condos, town homes and duplexes. This program assists service members by offering them a trouble-free renting experience. It also helps to defray some of the costs incurred while living off base. Servicemembers are not charged security deposits, credit checks or application fees. The majority of the rentals in the program are leased to members at reduced rental prices. There are two rental partnership programs. For more information, call 552-4328 or stop by the Housing Office for handouts covering the program.

**Off-Base Housing Referral:** This service provides servicemembers a complete, up-to-date listing of housing in the area. This includes apartments, trailers and homes that are for rent or sale. For more information, call 552-4439.

**Rental Assistance:** This program assists renters with information on the Alaska Landlord-Tenant Law, rental procedures, inspection checklists, sample copies of leases, military clauses, and various maps and brochures. A booklet is available at the Housing Office.

**Off-base Waiting List:** Single Airmen in the grades of E-3 and E-4 who live in the dormitories and are interested in moving off base must place their names on this waiting list at the Housing Office. Waiting lists are available at the housing office in the front arctic entry and are available for viewing 24-hours a day. If you have questions, call 552-4206.

**Acquired Dependent Support Program:** This program provides Airmen in the grades of E-1 to E-5 access to loaner furniture from the Defense Reutilization and Marketing Office. Upon PCS, the furniture is returned. For more information, check with the Housing Office or call 552-2599.

**Local Drayage and Non-Temporary Storage:** Once Aurora assigns a house to residents who live off base, they must come into the Housing Office for move/storage orders to have their household goods moved either by a carrier or be briefed on a do-it-yourself move. If you have questions, call 552-4374/4206/2599.



# Quick Reaction Force deploys

By 1st Lt Tony Wickman  
Alaskan Command Public Affairs

Joint Task Force-Alaska, the standing military headquarters for homeland defense within Alaska, conducted a deployment exercise Tuesday and Wednesday at the Port of Anchorage using a 120-person Quick Reaction Force.

Exercise VIGILANT PORT, which used elements of Fort Richardson’s Task Force 1-501 Airborne, rehearsed JTF-AK’s mission of protecting Department of Defense assets within Alaska and practiced the joint military and interagency cooperation between DoD, the United States Coast Guard and the Port of Anchorage.

According to Army Lt. Col. James DeMoss, JTF-AK plans officer, this was an opportunity to test JTF-AK’s ability to deploy a QRF to non-DoD property and coordinate with other federal, state and local agencies.

“The Port of Anchorage offered a realistic homeland defense venue to conduct our exercise,” said Colonel DeMoss. “This opportunity allowed us to test our ability to deploy the QRF and coordinate our specific mission with the efforts of other agencies.”

Last September, Anchorage was designated a strategic seaport following a joint assessment by the U.S. Maritime Administration, U.S. Army and the U.S. Surface Deployment and Distribution Command. Various military units use the port to onload and offload DoD assets.

According to Mr. Kevin Bruce, Port of Anchorage director of communications, the important element to the exercise was the chance to build and test interagency cooperation.

“The interaction between the military, Doyon Universal Security (the contract security force at the port), the U.S. Coast Guard and the Port (of Anchorage) was key,” said Mr. Bruce. “This effort was a chance to get to know and understand each other’s missions.”

The scenario for the exercise simulated terrorists operating in Alaska with a specific threat to the Port of Anchorage during the loading of military equipment.

While simulated law enforcement agencies were working together to defeat the threat, the exercise simulated the Secretary of Defense directing a deployment of active duty forces to provide security for DoD assets at the port. The forces remained in place until the threat to the property ended and the need for DoD forces was no longer required.

The QRF’s mission is to provide a flexible and responsive capability in the event of domestic threats and incidents.

A QRF can be used to deter potential enemies and prevent them from attacking the U.S., defeat people who would attempt to do America harm and mitigate the adverse effects of an attack on the homeland.

U.S. Northern Command, through JTF-AK, conducts operations to deter, prevent and defeat threats and aggression aimed at the United States, its territories and interests.

The exercise proved a good starting point for future operations and agency coordination, according to JTF-AK officials.

“This exercise would not be the success it was without the cooperation, support and involvement of the QRF’s leaders and soldiers, U.S. Coast Guard members, officials from the Port of Anchorage and the Doyon security officers,” concluded Colonel DeMoss.

**Women’s leadership**  
Left: Col. Kristine Clifton, 3rd Mission Support Group deputy commander, speaks during the first meeting of the new 3rd Wing Women’s Leadership Program at the Arctic Oasis Wednesday. Future topics for the group will include assertiveness, fitness and nutrition and more, and will be announced in future editions of the *Sourdough Sentinel*. For more info, call 552-1872/2409. Below: Attendees listen in.



PHOTOS BY AIRMAN JONATHAN THRASHER



# Cold War-era site undergoes high-tech contaminant testing

By Mr. Jon Scudder

3rd Wing Public Affairs Environmental

A non-intrusive environmental technology was used Jan. 6-7 to test for petroleum contaminants at SS83, a former anti-aircraft artillery site on Elmendorf's remote western boundary located between Six Mile Lake and Knik Arm bluff.

According to Ms. Ellen Godden, 3rd Civil Engineer Squadron project manager, this environmental methodology, commonly referred to as direct-push technology, was a great choice for the SS83 site.

"Direct-push technology uses hydraulic pressure to advance a testing probe through the soil to collect a narrow column of soil," said Ms. Godden. "It allows project managers to get information about the subsurface quickly and efficiently. It doesn't generate great quantities of drill cuttings like conventional soil borings, so there is less potentially contaminated soil to be disposed. It is relatively non-invasive to the surrounding environment since the hole is very small and the rig is smaller and lighter than a standard drill rig," she added.

"Because of the mostly sandy soil at SS83, we were able to use direct-push testing to advance 13 probes in two-days' time at about 70 percent of the cost of using a standard drill rig,"

said Ms. Godden.

"Sampling and data collection are somewhat faster than a conventional rig, and with our field testing equipment, we were able to reduce the number of probes needed to characterize the site," said Ms. Godden. "The on-site instrumentation allows us to collect a great deal of information about the subsurface soils and contaminants almost instantly, which greatly reduces the number of samples that are sent to the laboratory for full analytical testing," said Ms. Godden.

"We discovered soil contamination when we removed an underground storage tank last summer. This testing will give us a much better idea of how far the contamination spread from the site and how concentrated it is," said Ms. Godden. "Plus, it will do it quicker than traditional research methods."

She said the 4-6 acre site where the testing was done had 24 buildings during its heyday in the 1950s. Historic reports show the site housed a small camp of soldiers who operated a radar site along with 90-millimeter, and later, 120-millimeter anti-aircraft guns. The site was decommissioned in the 1960s.

In 1996, the site was incorporated into the base's environmental restoration program. Since then, research



MS. ELLEN GODDEN

**Contractors prepare test equipment used to gain information on subsurface soil and any contaminants at a former anti-aircraft artillery site located on Elmendorf's remote western boundary.**

has been ongoing, resulting in a limited excavation last summer to remove petroleum-contaminated soil. Once the excavation started, samples indicated that contamination at two of the digs exceeded preliminary estimates.

Sampling was needed to determine how much additional excavation is required to meet cleanup levels at these two places.

"Direct-push technology is handy when you don't need to go really deep to get to your sample zone and you want to knock out a lot of holes in a short period of time," said Ste-

phen Witzmann, P.E., project manager for Jacobs Engineering Group, an Anchorage-based environmental remediation firm.

"We've worked with the same subcontractor, GeoTek Alaska, on several sites, and we've found the data to be accurate and reliable," added Mr. Witzmann.

"Using direct-push technology, the government and the environment wins," added Ms. Godden. "We receive accurate data from more sampling points in a shorter period of time—a cleaner site at lower cost."





SENIOR AIRMAN AMY MORRISSETTE

**Senior Airman Leelah Dill**

**Duty title:** 3rd Medical Operations Squadron, surgical services technician  
**Hometown:** Pittsburgh, Penn.  
**Hobbies:** Playing soccer, and spending time with family  
**How she contributes to the mission:** Responsible for assisting urillogical procedures for all 3rd Medical Group patients  
**Time at Elmendorf:** Two years and three months  
**Best part of being in Alaska:** All the different experiences that come with being in the state  
**Supervisor’s comments:** “Airman Dill single-handedly keeps this clinic up and running. She is a great customer service liaison and is very professional.” Staff Sgt. Derrick Weese



AIRMAN 1ST CLASS GARRETT HOTHAN

**Capt. Jason Mawdsley**

**Duty title:** 611th Air Operations Squadron, chief of air operations training development  
**Hometown:** Orillia, Ontario  
**Hobbies:** Woodworking  
**How he contributes to the mission:** Responsible for developing training briefings for the various Air Operation Center systems and procedures, supporting homeland and Alaska NORAD region defense  
**Time at Elmendorf:** Two and one half years  
**Best part of being in Alaska:** The wilderness and working with American co-workers  
**Supervisor’s comments:** “Captain Mawdsley is a commensurate professional with a tireless work ethic. His leadership and team approach exemplifies what we demand of our very best.” Lt. Col. Marc Truswell

### Tax Center to open

The Wing Tax Center will open Monday through Feb. 4. The first two weeks will be for 1040 EZ filers only. Beginning Feb. 7, will be for all clients by appointments and walk-ins.

Hours of operation for the center will be: Mondays from 8 a.m. to 4 p.m. for appointments only; Tuesdays from 10 a.m. to 2 p.m. for appts. only and 2 p.m. to 6 p.m. for walk-ins; Wednesdays and Thursdays from 8 a.m. to 4 p.m. for appts. only; and Fridays from 8 a.m. to noon for walk-ins.

Be sure to bring the following: W-2s for all employment income; Form 1099Rs (for retirees); name, address and SSN of your childcare provider/business tax ID (for those with childcare expenses); Form 8332s (for those claiming a child that lives with a different parent); Form 2848s or IRS power of attorney, if necessary; military ID; SSN card (especially for youth or a copy of last year’s return/PFD 1099); and all bank info. For more information, e-mail Staff Sgt. Karie Mixon.

### Kick-off luncheon

February is African-American Heritage Month. The African-American Heritage Committee will host a kick-off luncheon Jan. 27 from 11 a.m. to 1 p.m. at the Susitna Club. For tickets, call 552-3421/4803.

### Annual Awards

The 2004 Team Elmendorf Annual Awards Banquet is Feb. 4 at the Susitna Club at 6 p.m. to honor an Airman, NCO, SNCO, CGO, First Sergeant

and Civilian of the Year selected from units. The winners are the Wing’s nominees to the 11th Air Force for the 12 Outstanding Airmen of the Year competition. The theme for this year’s event is “Arctic Warriors ... Home and Abroad.” Dress for the banquet will be semi-formal/mess dress for enlisted and mess dress for officers.

Tickets for club members is \$23 for london broil/chicken breast or \$19 for vegetarian lasagna. Non-members are \$26 and \$22, respectively. Pay by cash/check; no club cards. See your first sergeant for further details.

### 11th AF Banquet

The 11th Air Force Annual Awards Banquet is Feb. 18 at the Susitna Club. Social hour begins at 6 p.m. with dinner at 7 p.m., followed by the awards ceremony at 8 p.m. Attire is semi-formal for military and coat and tie for civilians. Cost is \$15 for Airmen club members and \$18 for non-members; \$18 for noncommissioned officer club members and \$21 for non-members; and \$21 for SNCO and officer club members and \$24 for non-members. See your first sergeant for tickets.

### Veteran’s Job Fair

A Veteran’s Job Fair is Feb. 8 from 11 a.m. to 4 p.m. at the Anchorage Job Center at 1251 Muldoon Rd. The fair is an opportunity for veterans to meet federal contractors. Participants should bring your resume. For more information, call 269-0071.

### Suicide prevention

All military members are required

to attend one of the following briefings at the Base Theater to satisfy annual suicide prevention training requirement: Monday at 3 p.m. and Wednesday at 7:30 a.m. Additional briefings will be scheduled throughout the year with times and dates to be announced. For more information, call 580-1041 or contact your first sergeant/squadron training manager.

### Loaner furniture

The Furnishing Management Section of the Housing Office has 90-day furniture loaner kits and long-term loaner appliances. People who have just arrived/have orders to depart base can borrow furnishings while household goods are being shipped either to or from base. Long-term loaner appliances are available for off base housing to anyone assigned here.

Those interested can stop by the Housing Office Monday-Friday from 9 a.m. to 3 p.m. with their address and their orders. The Furnishing Management Office will set up a delivery to the home. When people are finished with the furniture, they can stop by to set up a pick-up date.

For more information on the available items in the loaner kits, call Mr. Jim Thatch at 552-2599/4439.

### People Center

The People Center is changing hours of operation. Beginning Wednesday, the new hours of operation will be Monday, Tuesday, Thursday and Friday from 7:30 a.m. to 3:00 p.m. and Wednesday from 7:30 a.m. to 5:30 p.m.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Saturdays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.



# Arctic Life

Great living in the great land

## Kashim renovation project begins modernized services

By Mrs. Mary Rall  
3rd Services Marketing

Change is coming to the Kashim Club in the form of upgrades and improvements designed to create a fresh, new experience for club patrons.

The upgrades began in early December and are scheduled to conclude by the end of January, said Ms. Shyrel Mason, the club manager. While some upgrades are upcoming and others are still proposals, club patrons can take advantage of some that have already become a reality.

The most recent changes include the creation of a game room featuring free use of the club's Xbox game systems, flat screen television sets and video rockers to play the free games that are offered, Ms. Mason said. Patrons may bring in their own games to play as well or can stop by to enjoy the two new pool tables available for 50 cents per game.

She added that a new lounge, complete with a new television set and leather couches from which patrons can enjoy some quiet time in front of the television, is currently in place as well.

Other upgrades and improvements to the facility that have currently

been approved and will be occurring in the upcoming months include a new exhaust system for the smoking room, two new 42-inch large screen television sets for the Kashim Lounge and improvements to the Glacier Night Club, Ms. Mason said.

Night club improvements will include new urban-themed wall décor and new furniture to match the existing bar, Ms. Mason said. The upgrades will be the first work of this magnitude performed in the night club since the space it occupies underwent \$180,000 in remodeling seven years ago.

"We encourage people to come in because it's really going to freshen up that room and make it more exciting and inviting to people," Ms. Mason said.

The approximately \$34,700 in upgrades to the facility are being financed from nonappropriated funds provided by revenues earned through 3rd Services Squadron, she said. Additional funding from Pacific Air Forces may open the door to further upgrades as well.

"If we receive PACAF funding, we want to make the upstairs bar into a country bar," said Ms. Mason. "That funding ... has to be applied for



SENIOR AIRMAN AMY MORRISSETTE

**The Kashim Club is currently undergoing improvement projects. A game room and lounge with televisions and leather couches were recently added. The club is open Monday through Thursday from 4-11 p.m., Friday from 3 p.m. to 3 a.m., and Saturday from 4:30 p.m. to 3 a.m.**

by today, and I anticipate receiving an approval or denial of the \$80,000 necessary to make the project happen by the end of June."

Ms. Mason said what areas to change and improve were determined in large part by the patrons themselves.

"This stems from feedback we received through the Enlisted Advisory Committee and the people from squadrons throughout the base that sit on it," she said. "It's important to listen to them because they're why we're here. We want to provide enlisted personnel on base with a facility, programming and functions they want to participate in."

She added that the club, which was originally built in 1948, is due for the modifications it's receiving.

"These changes were absolutely due and needed," Ms. Mason said. "In a commercial facility, things need to be replaced faster than in a home. We really need to have things updated, upgraded and made more current

every five to seven years."

Further, the changes of the club are not limited to the structure.

Any individual authorized base access may now sign out guest passes from the Susitna Club cashier, The Cave duty manager or the Kashim Club duty manager during normal hours of operation, Ms. Mason said. These passes can be given to guests by club members who may enter the gate with valid photo identification. All people in any vehicle must have a pass to gain access to the base.

"It's something the clubs and the wing commander have been working on since April," she said. "The whole intent is to make it easier for people to have guests at the club."

"We hope people will enjoy coming in to the Kashim Club, which is closer and more convenient than those clubs downtown," she added, "We hope they will enjoy coming, because our first goal is to serve the base community."



COURTESY PHOTO

**The Kashim Club as it appeared in the early years of World War II. The club has since moved locations and undergone several renovations.**



Lt. Col. Patrick Ludford, commander

## Unit Spotlight: 11th Operational Weather Squadron

### MISSION:

The 11th Operation Weather Squadron ensures mission-tailored, tactical and operational level meteorological, geological, oceanographic and space environment products in support of air, land, sea and space based Department of Defense operations in the Alaskan region. The squadron is also responsible for headquarters staff support to Alaskan Command, 11th Air Force, US Army Alaska and contingency support to Alaskan NORAD Region.





# Commander reviews past year’s successes, looks forward to future

By Col. Michael Snodgrass  
3rd Wing commander

This issue of the Sourdough is dedicated to you, your efforts over the past year and your success in making the 3rd Wing and Elmendorf the best in the U.S. Air Force. There are many high points from 2004, and some challenges ahead in 2005.

The high points are too numerous to count, but a few stand out. The Operational Readiness Inspection was a very strong success in many ways. Our ability to provide sustained mobility capability was tested during both the Phase 1 and Phase 2. We moved hundreds of people and thousands of pounds of cargo as well as scored 100 percent airdrop effectiveness ... and in only 25 percent of the allotted time! Our Airborne Warning and Control System crews performed magnificently as well, showing the inspectors how to conduct a textbook handoff between two E-3s while in the middle of controlling a complex air battle. Our fighters also proved to be outstanding, scoring a 98 percent target hit rate in the 90th and an incredible 300 to 1 kill ratio by our F-15Cs against adversary aircraft. These scores are the end states, possible because we train hard each day. That training is achievable because the rest of the wing continues to perform at an outstanding level.

Our maintenance is arguably the best in the Air Force. Our mission capable rates for those F-15Cs and C-130s are considerably higher than the average around the Air Force. Both the F-15E, C-12 and E-3 mission capable rates are also higher than the rest of the force. Having such high availability rates for the aircraft means our crews can consistently train to the highest levels of proficiency, and maintain those levels. Although the IG had certain criticisms of some of our maintenance practices, we took their critiques and attacked those problems. When the PACAF IG staff returned in October, their report to COM-PACAF was that the 3rd Wing had made the changes necessary and incorporated them into our daily routine. The team's outbriefing was filled with well deserved compliments for our maintainers.

During the ORI, not all units could participate. The 3rd Security Forces were heavily tasked on their Air Expeditionary Force cycle. Their outstanding performance on so many deployments has become the new standard for the Security Forces Squadron. When they returned from their post-AEF leave, the squadron rapidly released wing augmentees back to their units. Despite their heavy tasking, our Civil Engineers also participated in the ORI and received several kudos, "best seen" and outstanding performers. Recently, our Civil Engineer team garnered awards from Air Force and PACAF for both individual and team accomplishments ... not the least of which was the Best Snow Removal Team in the U.S. Air Force for 2004!

After the ORI our support group was rapidly put in the spotlight as all of the senior leadership in the U.S. Air Force visited the base during CORONA TOP. The 11th Air Force staff, augmented by our protocol office, lead the charge with the Mission Support Group's support. The week long series of meetings and activities was a complete success. This was the first time in history that CORONA was held outside of the lower 48, and both the chief of staff of the Air Force and secretary of the Air Force praised the Elmendorf team for a wonderful job.

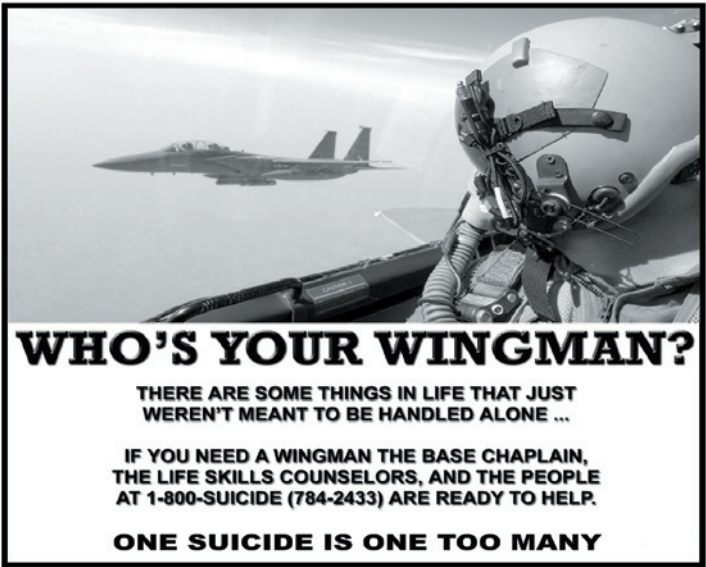
Through the spring and summer, we took on other challenges. In the Air Force Fitness Test, the 3rd Wing had 77 of our Airmen max out the test. The Beat the Boss competition resulted in 152 airmen beating my pushup score, 202 bested me in sit ups and 342 beat my run score by 10 percent or more. Overall, 92 percent of the wing scored Good or Excellent and our untested population is the lowest in the command. We also attacked our safety issues in the spring, reversing a two year

trend of increased ground safety incidents during break up. We did this by focusing our noncommissioned officer leadership on the problem and letting them make sound decisions on risk and mission accomplishment. In the fall, we have managed to keep that trend going and finished the year in a positive fashion.

After another successful Airshow, we prepared to deploy our next AEF. In AEF 1, we postured 2200 Airmen and deployed over 1500 to as many as 30 locations world wide. Our forces missed the entire holiday season, with some exceptions, and the change out of personnel and equipment continues today. The Firebirds and their C-130s picked up a significant tasking in their first-ever support of Operation Enduring Freedom. With the current Tsunami relief operation, the 517th Airlift Squadron will see an average of well over 180 days deployed per person in FY 2005 ... and with the best attitude and spirit I have ever seen.

The support of the entire wing makes these successes possible. Without the Medical Group (who won 40 percent of the possible MAJCOM and Air Force level awards last year) to take care of our active-duty and dependent members; or the wing staff agencies who dedicate themselves to helping keep our lives on track (Judge Advocates processed thousands of tax returns saving literally millions for our families on their taxes); or the Support Group taking care of our well being, keeping the lights on despite an early September ice storm, protecting us, managing thousands of contracts, keeping us connected around the world, answering our personnel needs and keeping the fuel and people moving; our maintainers and operators could not have won the first world wide air to air gunnery competition in 8 years. When the 19th Fighter Squadron won William Tell, it was an entire wing effort, from Public Affairs to Pilots ... once again showing how this great team continues the history of success that we have inherited.

2005 will not be without challenges though. We must do better controlling and eliminating alcohol related misconduct ... from DUIs to sexual/domestic assault it is essential we all internalize the concept of wingman support and take care of each other. Our DUI rate and the number of alcohol incidents must decrease if we are going to have another successful year. If we truly understand that each individual is our wingman and that we need to provide mutual support to each other 24/7, then we will help each other through the tough times. If you know of someone who is carrying a heavy load and needs some assistance to get through the days, then refer them to our professionals in the medical group or the chaplain's office. Look out for each other ... take care of your wingman ... and treat everyone with the dignity and respect they deserve as dedicated professionals serving this wonderful nation. Thank you for all the hard work last year, and thanks in advance for meeting and overcoming the challenges we will face together in 2005!



STAFF SGT. RHIANNON WILLARD  
A C-5 aircraft prepares for departure Jan. 5 to join C-17 and Elmendorf C-130 crews in Thailand, where an earthquake and tsunami ravaged 3,000 miles of Asian and African coastline, killing more than 100,000 people and leaving about 5 million people homeless. Elmendorf's first relief crew headed out Dec. 31 to bed down at Jakarta, Indonesia. From this base, the crews are using the C-130s to deliver water, food and medical supplies to communities struck by the tsunami. The deployment is expected to last 45 days.



STAFF SGT. SUE NUCKOLLS  
Airman 1st Class Sean Baker, 962nd Airborne Air Control Squadron, simulates decontaminating Maj. Jon Shaffer, 90th Fighter Squadron, at a Contamination Control Area at the 90th FS, as part of the Organizational Readiness Inspection which was held in April. Elmendorf received an overall rating of excellent.



1ST LT. AMY HANSEN  
Maj. Sean Gallagher, a pilot with the 19th Fighter Squadron, speaks with a maintainer prior to take off during William Tell 2004 at Tyndall Air Force Base, Fla., which ran from Nov. 8-19. Elmendorf was selected to represent Pacific Air Forces for this competition and was the overall winner.



STAFF SGT. JOHANA CADIZ  
Snow removal crews from the 3rd Civil Engineer Squadon keep busy throughout the winter months keeping the flightline and base roads clear of snow. Due to their diligence and skill, the 3rd CES was named the Best Snow Removal Team in the Air Force for 2004.

## 100 Percent Club

The following individuals joined the ranks of the prestigious "100 percent club" by scoring the maximum number of points on the Air Force Physical Fitness Test.

Senior Airman Kaitlin Bugay

### 611th CES

Capt. Ross Gleason  
1st Lt. Jeffery Brandenburg

### 90th FS

Maj. John Shaffer  
Maj. Timothy Moser  
Maj. David Otto  
Capt. Patrick Doyle

### 3rd MSS

Lt. Col Kathleen O'Sullivan  
Staff Sgt. Antonio Infante

### 11th OWS

2nd Lt. Michael Ottenweller  
Senior Airman John Semanick

### 3rd CS

Senior Airman Kevin Lenzy

### 381st IS

Airman 1st Class Joseph Yanes  
Senior Airman Michael Nahmias  
Airman 1st Class Bridget Sweeney  
Senior Airman Michael Mealiff  
Staff Sgt. Phillip Johnson  
Lt. Col. Paul Wade

### 12th FS

Capt. Merrick Baroni

### 517th AS

Maj. Christopher Bennett  
1st Lt. Rhett Brown  
Capt. George Crowley

### 611th ACS

Capt. Keolani Bailey

### 3rd OSS

2nd Lt. Robert Grimmett  
Master Sgt. Kevin Cramer  
Tech. Sgt. Matthew Fox

### 962nd AACS

Capt. Oberlin Arreola  
1st Lt. Kimberly Krohmer  
Capt. Timothy Touzeau  
Capt. Nicole Drevet  
Capt. Christina Lapp  
Senior Airman Nicholas Schulte

### PACAF Band

Staff Sgt. Jerry Kelley

### 3rd AMDS

1st Lt. Roger Lee  
Capt. Nathan Maertens  
Master Sgt. James Cleveland  
Master Sgt. Jack Marks

### 3rd MDSS

Capt. Amy Carpenter  
Maj. Grant Tibbets  
Col. Deborah Kretzschmar

### 3rd DS

Master Sgt. Ursula Young

### 703rd AMXS

Capt. Laura Goodman

### 3rd CPTS

Master Sgt. Allen Graham

### 3rd AMXS

Airman 1st Class Ean Albin

### 3rd EMS

Airman 1st Class Timothy Woelk  
Airman 1st Class William Wallace  
Senior Airman Christopher McClure

Capt. Tamara Bergholdt  
Airman 1st Class Casey Blaufuss  
Staff Sgt. Wallace Conanjay

Airman 1st Class Eric Icenhower  
Senior Airman Cody Norris  
Senior Airman Matthew Roberts

Capt. Jonathan Powell  
Master Sgt. Severino Reyes

Airman 1st Class Brandon Savage

### 611th AIS

Lt. Col. Paul Valley

Airman 1st Class Jamey Starke







# Entertainment

## AMC in depth

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

### ACROSS

- 3. AMC base
- 10. Concept
- 13. Trained personnel nucleus
- 14. Scent
- 16. Dread
- 17. Narcotic
- 18. Dressed
- 19. AMC’s KC-10 or KC-135
- 21. Item for 54 ACROSS for AMC planes
- 23. Canada prov.
- 25. Wager
- 26. Tribe
- 29. \_\_\_\_ de Janeiro
- 31. Mild exclamation
- 35. Hip
- 36. Play part
- 37. Comedy duo \_\_\_\_ & Andy
- 39. Walked
- 40. Animal doc
- 41. Drink add-on

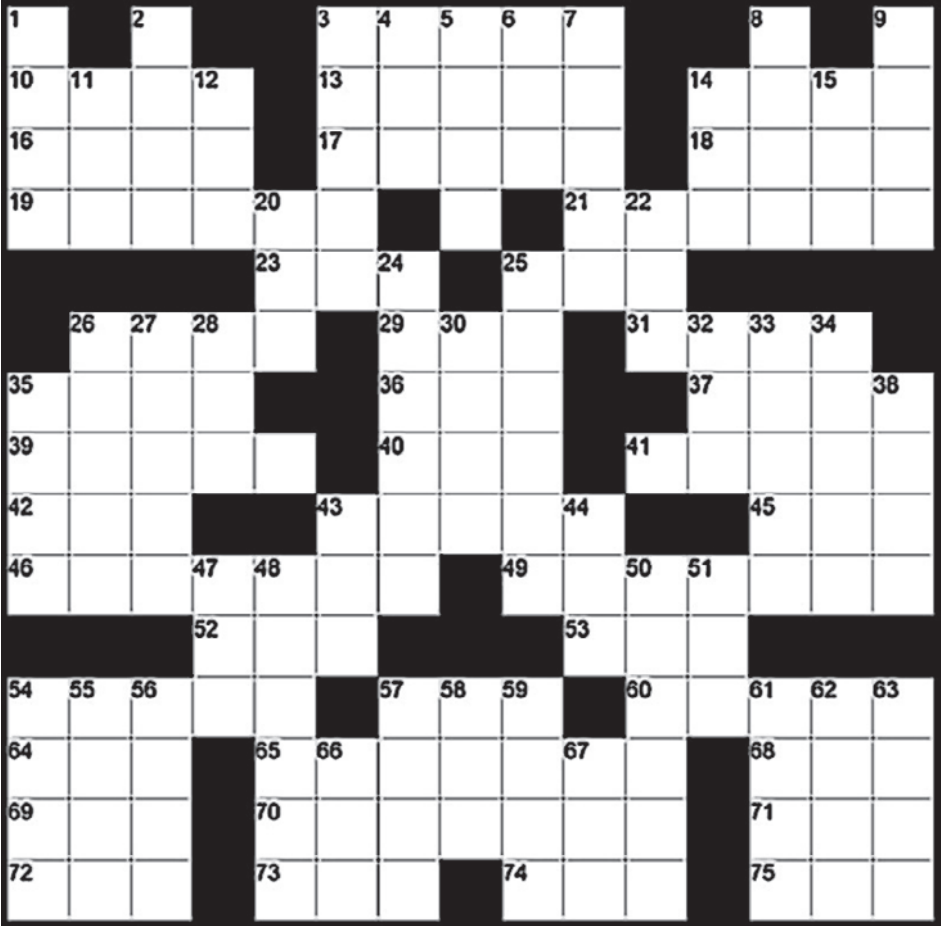


Last week’s solution

- 42. Pub order
- 43. Mischievous pranks
- 45. Formerly
- 46. Questions
- 49. AMC base
- 52. Charged particle
- 53. XV \_\_\_\_; NAF for AMC
- 54. Items moved by AMC
- 57. Honest \_\_\_\_; Lincoln nickname
- 60. Not going to happen
- 64. Best pilot
- 65. AMC base
- 68. Federal org. concerned with environment
- 69. Federal org. concerned with taxes
- 70. Ear part
- 71. USAF deployment set
- 72. Capture
- 73. Building block, in short
- 74. Greek letter
- 75. Allow

### DOWN

- 1. Mission of AMC
- 2. Thin
- 3. Contempt
- 4. Hat
- 5. Garfield friend
- 6. Fox show “ \_\_\_\_ Calling”
- 7. Arizona town
- 8. Fox show “American \_\_\_\_”
- 9. Worry
- 11. Federal org. concerned with drug trade
- 12. “Raiders of the Lost \_\_\_\_”
- 14. Barn animal
- 15. Mining goal
- 20. Long time
- 22. Dined
- 24. AMC base
- 25. Ground



- 26. Texas cookout item?
- 27. Enjoyed
- 28. Mock
- 30. Cooled
- 32. Lady
- 33. Type of acid
- 34. AMC base
- 35. Burn
- 38. Plant start
- 43. Lair
- 44. \_\_\_\_-fi
- 47. Excavate
- 48. Surfaced

- 50. Movie place
- 51. To go quickly
- 54. Able’s brother
- 55. Land unit
- 56. Relax
- 57. Taj Mahal locale
- 58. Pal
- 59. “Ireland” in Gaelic
- 61. Steak type
- 62. Fencing sword
- 63. Boat
- 66. Able to do
- 67. Tire path



# Sports News



MASTER SGT. TOMMIE BAKER



MRS. DONNA BAKER

## Fishing Derby

After months of plummeting temperatures, Elmendorf was able to kick off the beginning of the ice fishing season with a Fishing Derby at Hillberg Lake Jan. 17.

Left: Kathleen Wilson, 5, tries her luck at catching some of the lake's bounty.

Above: Ryan Wilson, 703rd Aircraft Maintenance Squadron, helps out his children by drilling holes in the nearly foot-thick ice sheet covering Hillberg Lake.

Right: Bryan Wilson, 11, catches one of the many trout his family reeled in that day.



MRS. DONNA BAKER

## ‘Andro’ supplement off limits in new year

By Staff Sgt. Todd Lopez  
Air Force Print News

Airmen who take androstenedione to increase muscle mass will soon have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that took effect Jan. 20, the prohormone androstenedione will be classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called “andro,” is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force’s chief consultant for internal medicine services.

“Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone,” Dr. Carr said. “Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs.”

Other drugs listed as Schedule III substances include the anesthetic ketamine, called “Special K” by the club-goers who use it; testosterone, and forms of codeine and morphine.

Once ingested, Dr. Carr said, androstenedione

is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size and body hair. For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

“Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries,” Dr. Carr said. “For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness.”

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user’s body.

“A male may find that because he doesn’t have normal testosterone production, his testicles get smaller,” Dr. Carr said.

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

“One of the biggest problems that gets users into trouble is that aggressive behavior manifests itself,” Dr. Carr said. “They get into fights, and that could have a major effect on the work environment.”

Androstenedione is found in many bodybuilding supplements that are available in nutrition and fitness stores. But Lt. Col. Ronald L. Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

“Due to health concerns, the four dietary supplements that contained androstenedione ... were phased out by December 2002,” Colonel Blakely said. “AAFES’ direct store operations never offered nor-androstenedione supplements, also known as ‘nor-andro’ supplements.”

Colonel Blakely also said that General Nutrition Center concessions no longer sell “andro” or “nor-andro” products.

On Jan. 20, androstenedione may no longer be legally purchased. It will also be illegal to use the prohormone, even if it was purchased before then. Use, possession, or distribution of androstenedione after Jan. 20 will be a violation of the Uniform Code of Military Justice.

## Sports Shorts

### Family golf tournament

How good are your golf skills? A Family Micro-golf Tournament will be Jan. 29 at the Arctic Oasis Community Center at 1 p.m. for \$5. The first 18 teams will play, consisting of one parent and one child. For more information, call 552-8529.

### Fit Pregnancy class

Exercising during pregnancy is good for mom and baby. Learn how to workout safely at a Fit

Pregnancy class Tuesday, Feb. 22 and March 29 at 10 a.m. at the Health and Wellness Center. The classes are open to everyone and mandatory for all pregnant active-duty members.

### Free skiing, snowboarding

The Arctic Oasis Community Center will host “Operation Cope Deployment,” a fun-filled day Monday from 11 a.m. to 5 p.m. for children ages 6-18, who have deployed parents or one who has

recently returned. Along with free food, there will be free snowboarding, skiing and tubing at the Hillberg Ski Area. Sign up at the Arctic Oasis Community Center.

### Crunch ‘n Up class

Learn how to work your abs and upper body to improve your fitness score. The HAWC will offer a Crunch ‘n Up class Jan. 28 at 1 p.m. for free.